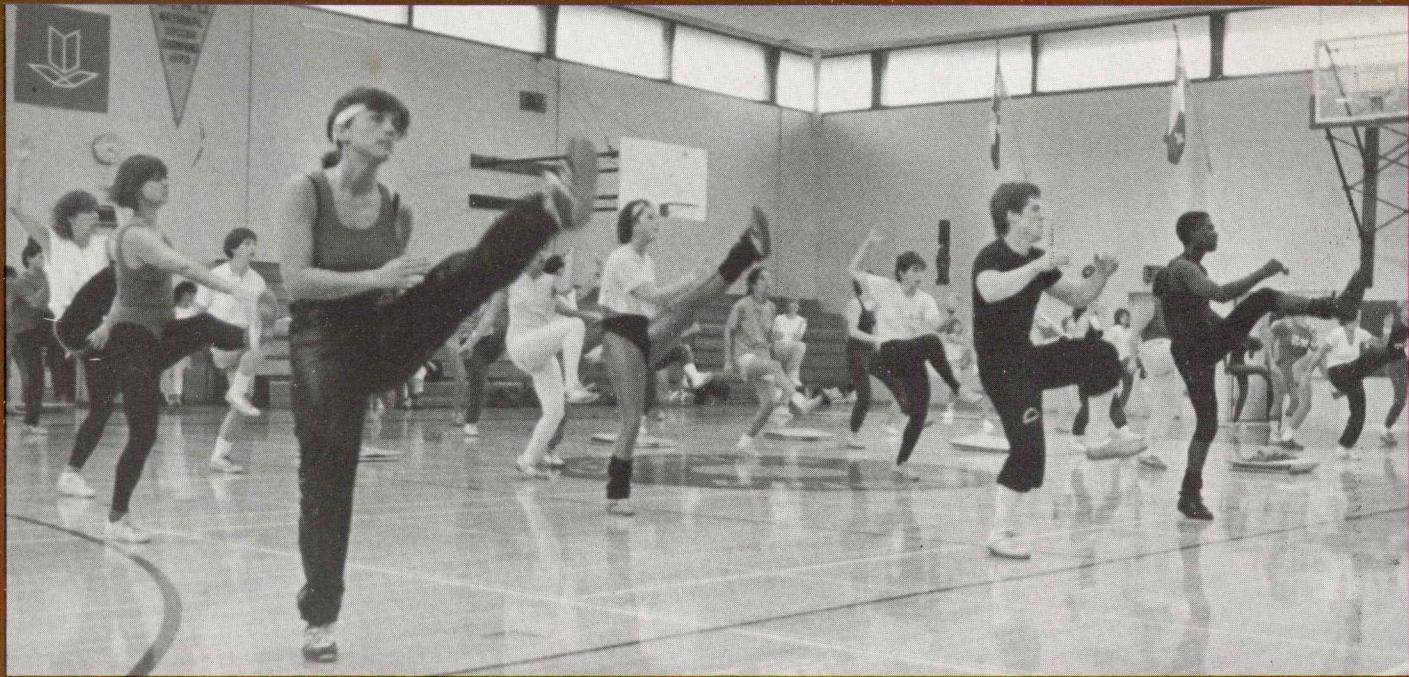
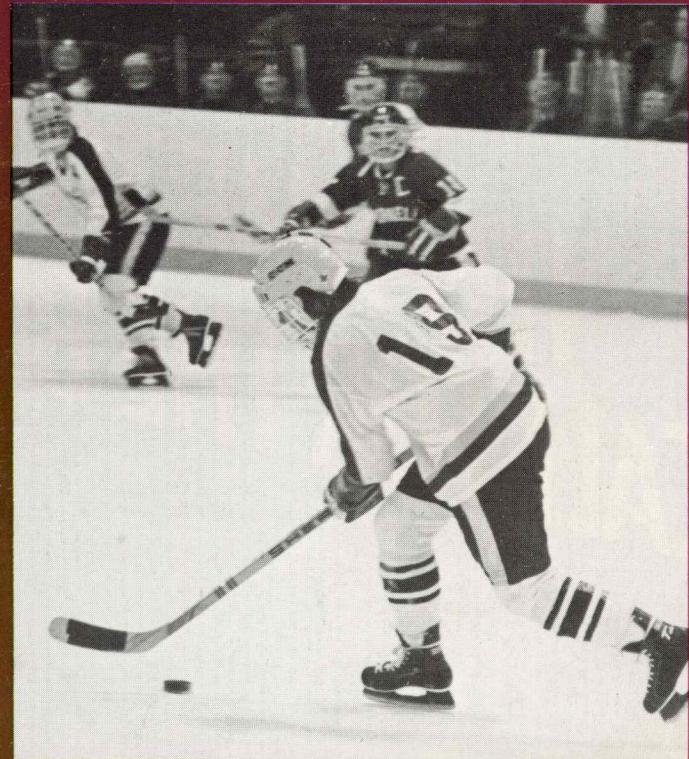
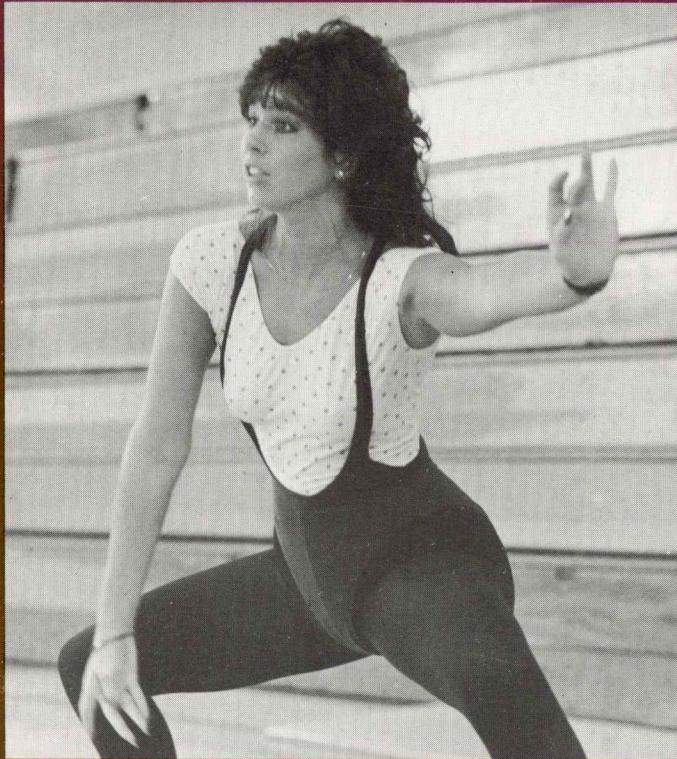


CONCORDIA UNIVERSITY

WOMEN'S PROGRAM

Fitness, Recreation & Athletics



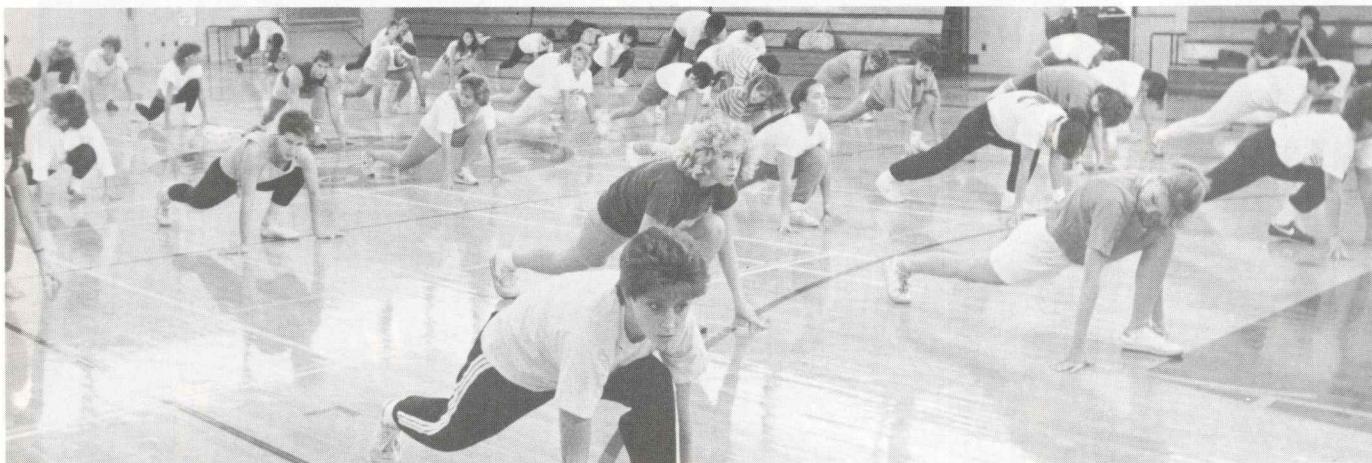
A close-up, low-angle shot of a man's face and upper body. He is wearing a light-colored t-shirt and has a beard. He is holding a can of Labatt's Blue beer in his right hand and pouring it from a tap into a glass held in his left hand. The background is dark and out of focus.

IT'S TIME TO
CALL FOR THE BLUE.



FITNESS, RECREATION & ATHLETICS

A look ahead 1986-87



The 1986-87 academic year at Concordia University signifies a new beginning in the Department of Fitness, Recreation and Athletics, particularly where the women's program is concerned. There's a new person in charge in Associate Director Kathy McDonald, who joined the department via Sport Canada in Ottawa last June. With this change in direction comes a fresh set of guidelines which includes, first and foremost, developing opportunities for women in the area of fitness, recreation and athletics. Standard practice will be to look at this as a women's program, not necessarily women's athletics.

There is a strong commitment on the part of the new associate director to identify the subtleties of the issues which face women athletes at Concordia. One of her first projects was a planning workshop session, which took place over two days in September. All people involved in the women's program were involved, setting goals and providing overviews of their specific service areas. It was extremely successful.

Concordia's women's program has a mandate to develop opportunities and improve options. It is looking to both expand and grow.

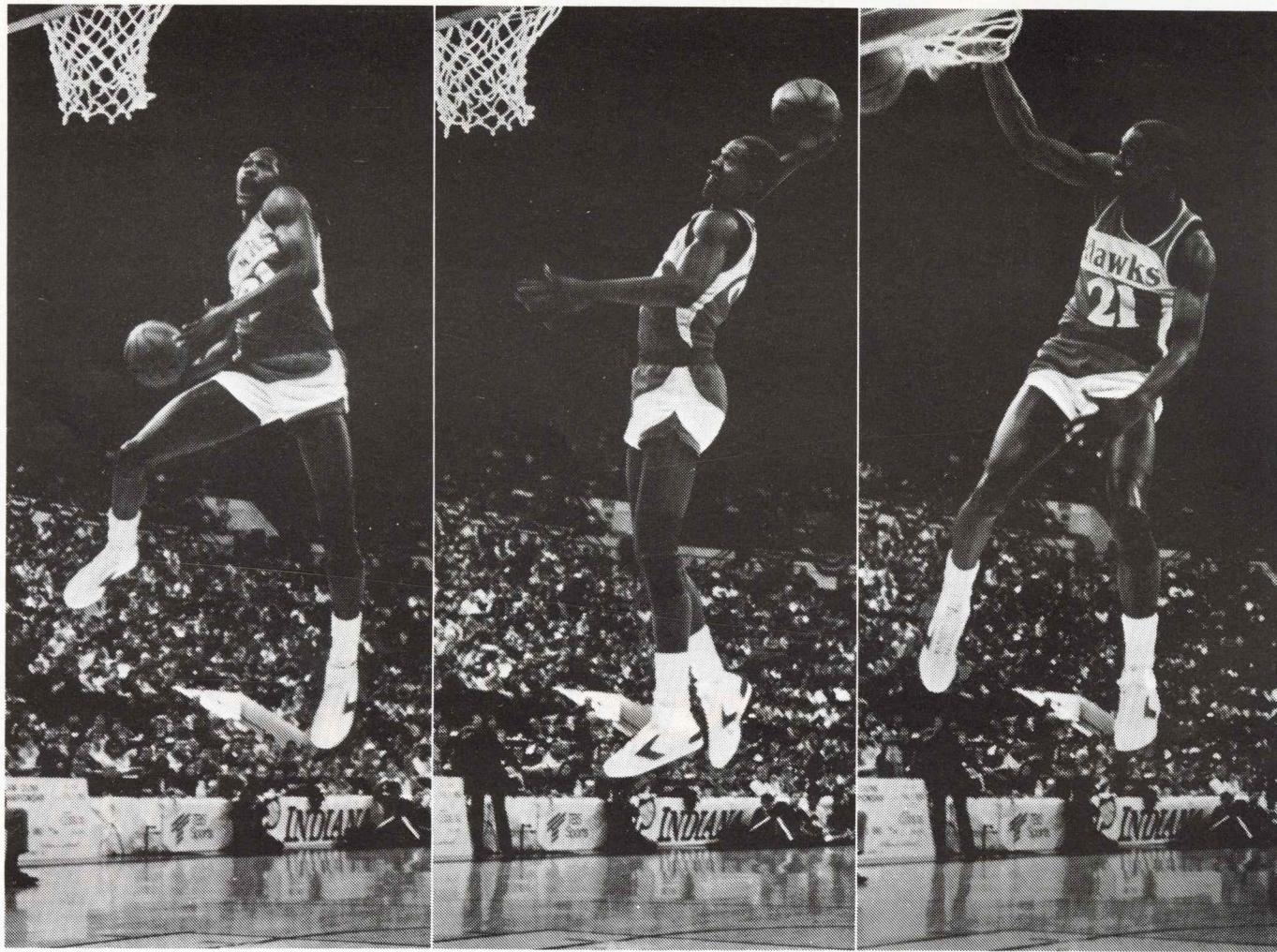
This year the Concordia Status of Women Committee, which was established by Rector Patrick Kenniff in October 1985, will pay special attention to the progress being made in the department. Advisor Elizabeth Morey attended the planning workshop and intends to keep in touch on basic issues with McDonald.

Headed by Morey, the committee is made up of 10 members representing the various university constituencies, students, faculty and staff. Its role includes the updating, review and implementation of the 67 recommandations of an original report made to the rector, on the Status of Women at Concordia, in 1982. Among its other priorities are: the sensitization of the university community to women's issues; the identification of other areas of study and examination; the organization of current resources available to women, and, direct programming geared to improving conditions affecting all women who work or study at Concordia. Issues being addressed include employment and pay equity, professional development, part-time employment, sexual harassment, child-care, curriculum and women in athletics.

Concordia has a well diversified women's program, encompassing varsity sports, intramurals, clubs and basic recreation.

On the varsity level there are teams in basketball, hockey, soccer and downhill skiing. Intramural activities include everything from aerobic dance and volleyball to weight training and karate. Among the clubs, rugby is becoming increasingly popular.

The Department of Fitness, Recreation and Athletics has a dynamic staff, with women playing a prominent role. Brenda McCullagh serves as Assistant to the Director, Dr. Edmund F. Enos. A reliable core of secretaries includes Linda Corrigan, Colette O'Neill, Sally Livingston and Tee Harper. Assistant women's hockey coach Julie Healy is now a full-time assistant to intramurals director Robert Philip and graduate student Dominique Fortier will be doing special promotional work in connection with the women's program.



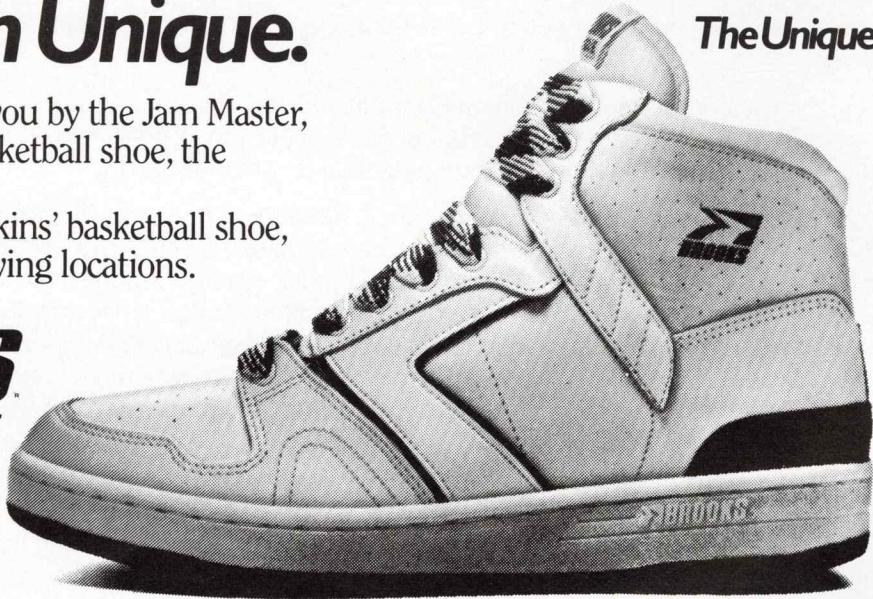
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FITNESS, RECREATION & ATHLETICS



KATHY McDONALD

ASSOCIATE DIRECTOR
WOMEN'S PROGRAM

Women's fitness, recreation and athletics at Concordia University gained a new priority last June with the appointment of Kathy McDonald to the position of Associate Director. A graduate of York University in Toronto, where she majored in Physical Education, the Saskatchewan native spent the past five years in Ottawa with the Federal Department of Fitness and Amateur Sport.

McDonald's knowledge of the amateur sport scene in Canada, from both a policy and program standpoint, is extensive. In her role as manager of the women's programs within Sport Canada, her work involved interaction with a cross-section of national and provincial sport organizations.

As program manager her major achievements were numerous. She administered a multi-faceted program which has been, and still is, effective in initiating change within the Canadian fitness and sport environment in the status of women. In conjunction with the Fitness and Amateur Sport Policy and Planning Unit she assisted in the development of a policy on women in sport, which was released last spring. Kathy was also instrumental in establishing a support network which meets monthly to discuss issues of concern to women at the National Sport and Recreation Centre. She has been credited for the implementation and evaluation of strategic and operational plans within many national sport and fitness organizations, which specifically focus on the issues and needs of women. These organi-

zations include, for example, the Canadian Amateur Hockey Association, the Canadian Cycling Association and the Canadian Interuniversity Athletic Union.

Kathy was born in Saskatoon where she participated as an athlete at all levels of competition in the sports of gymnastics and diving. In the latter discipline she really excelled, moving her home base to Vancouver, gaining a spot on the National Team and capturing Canadian championships in the three metre event in 1965, 1966 and 1967. During that time she took part in such international events as the Commonwealth and Pan American Games, as well as tours of Europe and China.

Soon after graduation from York, Kathy joined the Saskatchewan Amateur Diving Association as technical program coordinator and head coach of the Saskatoon Goldfins. Next stop was the Ontario Amateur Diving Association, and the post of executive director, where she remained for three years until moving on to the nation's capital and Sport Canada.

Kathy is looking forward to her newest challenge at Concordia. In a very short time she has already created a very good working relationship with the staff and athletes. She sees her job as a way of applying, in practical terms, some of the advice she gave to the various organizations which turned to Sport Canada for help.

CONCORDIA UNIVERSITY FACT SHEET

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Sir George Williams Campus, 1455 de Maisonneuve Blvd, West, Montreal, Quebec H3G 1M8

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VICE RECTOR, SERVICES Dr. Charles Giguere
DIRECTOR, DEPARTMENT OF FITNESS,
RECREATION & ATHLETICS Dr. Edmund F. Enos
TELEPHONE (514) 848-3862
ASSOCIATE DIRECTORS Kathy McDonald, George Short
Paul Arsenault, Doug Daigneault
Robert Philip
BUSINESS MANAGER Art Noseworthy
SPORTS INFORMATION AND PROMOTIONS
OFFICER Mike Cohen
TELEPHONE (514) 848-3849
HEAD ATHLETIC THERAPIST AND EQUIPMENT
MANAGER Ron Rappel

ATHLETIC COMPLEX Loyola campus
TEAM NICKNAME Stingers
TEAM COLOURS Maroon, Gold and White
VARSITY CONFERENCE Quebec University Athletic
Association
TELEPHONE (514) 252-3000

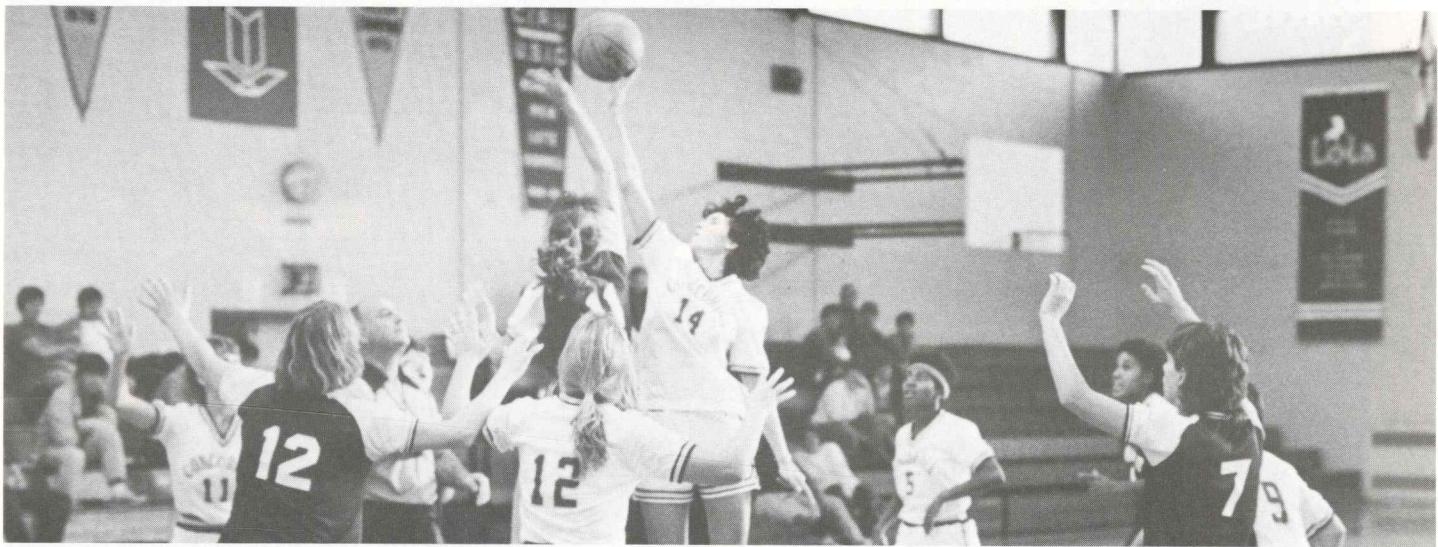


Dr Patrick Kenniff



Dr Charles Giguere

BASKETBALL



Following years of dominance in the Quebec University Athletic Association the Concordia Stingers women's basketball team were forced into a rebuilding process last season. Mike Hickey vacated his post as head coach only a few months before the regular schedule got under way and rookie co-coaches Poly Stevens and Sylvia Sweeney were faced with the unenviable task of forming a club consisting primarily of newcomers. Only three holdovers from the 1984-85 QUAA championship squad were in the lineup when the first tip-off took place.

Although the Stingers finished in last place, the two coaches heaped much praise on their players for showing such exceptional attitudes through the toughest of times. Not once did they get down on themselves, nor take anything for granted. Practices were well attended and collectively they agreed that the season served as a tremendous learning experience.

Now, with the 1986-87 season upon us, it's an entirely new ball game. Stevens is back as head coach, with Sweeney, a former member of Canada's Olympic basketball team, serving as a consultant.

There are six returnees from last year's squad, including Sylvia Cesaratto, Marcella Donoso, Sue English, Carolyn Mariotte, Kim Reeve and Marina Scassa. A strong recruiting drive, which began last spring and continued throughout the summer, made for a very competitive training camp.

Stevens has a lengthy association with the game of basketball. It all began at Mount Royal High School, where she played four years at point guard and gained notice as an excellent passer. Next stop was Vanier College, where she was a starter for two years. After graduating from CEGEP in 1975 she spent that summer touring Canada and the United States with the Quebec provincial all-star team. Acadia University of Nova Scotia liked what it saw and recruited her to play there. Although she only spent one season on the Acadia roster, Poly became interested in coaching and became an assistant to Trevor Slack for the 1979-80 season. When her husband John was hired to coach basketball at St. Joseph Junior High School in Holbrook, Mass. in 1980 she worked as his assistant.

The couple relocated to Montreal two years ago where John is now a teacher at the Montreal Catholic School Commission.

WOMEN'S VARSITY BASKETBALL SCHEDULE 1986-87

Sunday, October 19*	CARLETON	2:00 p.m.	Thursday, January 8	MCGILL	7:00 p.m.
Friday, October 24			Sunday, January 11	ACADIA	2:00 p.m.
Saturday, October 25	@ Boston, Mass.		Friday, January 16	@ Bishop's University	6:30 p.m.
Sunday, October 26			Sunday, January 18	@ Laval University	3:00 p.m.
Friday, November 7			Friday, January 23	LAVAL	6:30 p.m.
Saturday, November 8	@ Acadia Tip-off Tournament		Tuesday, January 27	BISHOP'S	6:30 p.m.
Sunday, November 9			Friday, January 30	@ McGill	6:30 p.m.
Sunday, November 16*	ST. MICHAEL'S	2:00 p.m.	Friday, February 6	@ Bishop's University	6:30 p.m.
Friday, November 21			Friday, February 13	MCGILL	6:30 p.m.
Saturday, November 22	BROOKS CLASSIC		Sunday, February 15	@ Laval University	TBA
Saturday, November 29*	SIR WILFRID LAURIER	2:00 p.m.			
Tuesday, December 30	@ University of Ottawa	3:00 p.m.	HEAD COACH: Poly Stevens (514) 848-3850		

BASKETBALL

CONCORDIA HONOR ROLE

1975-76

Elaine Betchinski
Paddie Chiara

- Q.U.A.A. All-Star
- Q.U.A.A. All-Star

1976-77

3rd Place
Liz Silcott

Sylvia Sweeney

Debbie Huband
Elaine Betchinski

- C.I.A.U. NATIONALS
- Q.U.A.A. All-Star
- C.I.A.U. NATIONALS All-Star
- Q.U.A.A. All-Star
- C.I.A.U. NATIONALS All-Star
- Q.U.A.A. All-Star
- Q.U.A.A. All-Star

1977-78

Paddie Chiara
Gay Owens

- Q.U.A.A. All-Star
- Q.U.A.A. All-Star

1978-79

Cheryl Petersen
Linda Macpherson

- Q.U.A.A. All-Star
- Q.U.A.A. All-Star

1979-80

Linda Macpherson
Joann Bourque

- Q.U.A.A. All-Star
- Q.U.A.A. All-Star

1980-81

5th Place
Joann Bourque

Beth Mansfield
Gay Owens

- C.I.A.U. NATIONALS
- Q.U.A.A. All-Star
- All-Canadian
- Q.U.A.A. All-Star
- Q.U.A.A. All-Star

1981-82

Joann Bourque

- Q.U.A.A. All-Star

1982-83

C.I.A.U. NATIONAL Semi-Finals
Joann Bourque

- Q.U.A.A. All-Star
- C.I.A.U. NATIONALS All-Star

1983-84

Jane Bullock

- Q.U.A.A. All-Star

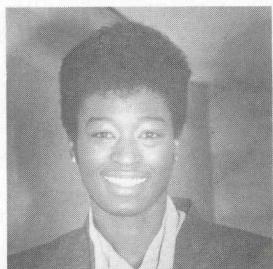
1984-85

4th Place
Jane Bullock

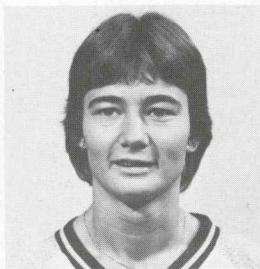
Denise Dignard

- C.I.A.U. NATIONALS
- Q.U.A.A. All-Star
- C.I.A.U. TOURNAMENT All-Star
- Q.U.A.A. All-Star

TEN YEAR TEAM



SWEENEY

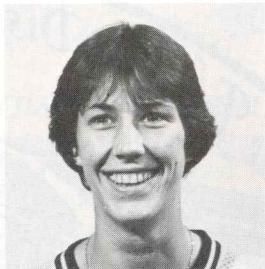


HYLLAND

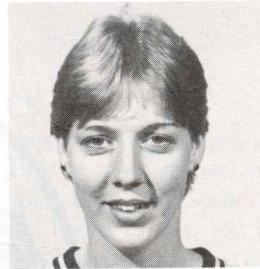
To commemorate the 10th anniversary of Concordia's varsity sports program, which took place during the 1984-85 season, media and alumni participated in the selection process of teams of the decade for the university's respective clubs. The women's basketball team, which has travelled to the Canadian Interuniversity Athletic Union (CIAU) championship three times, had 10 players named.

The list is composed of the following outstanding women athletes: Sylvia Sweeney, Joann Bourque, Liz Silcott, Janet Hyland, Sue Hyland, Debbie Huband, Gay Owens, Linda Macpherson, Jane Bullock and Elaine Betchinski.

Sweeney wore a Stinger uniform during the 1976-77 season and was both a Quebec University Athletic Association (QUAA) and CIAU National Championship all-star. Bourque is a four time QUAA and two CIAU all-star. Owens, Macpherson, Bullock and Betchinski are two-time QUAA winners.



BOURQUE



BULLOCK



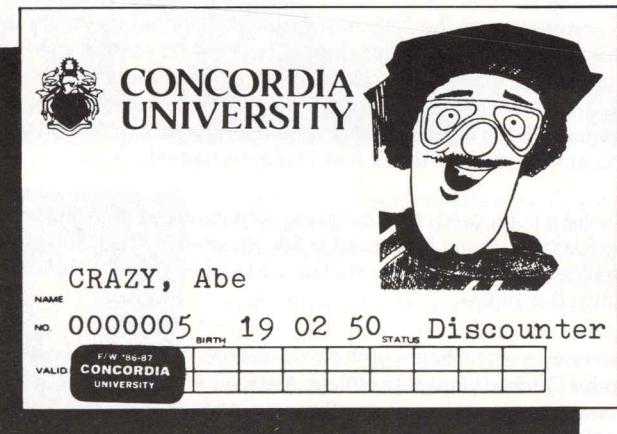
SKIING

Varsity skiing is a sport growing in popularity at Concordia, with both a men's and women's team. Dryland training begins in early September and by the time the first meet rolls around in January the downhill skiers are raring to go in the events of slalom, giant slalom and dual slalom.

Last year the women's varsity ski team finished second overall in the Quebec University Athletic Association standings, just behind McGill. Concordia competed in 10 races over five weekends. The top individual performer was Jeanique Snyder.

Besides training, this year's first major event is the annual ski sale at the Loyola Campus Centre November 5 to 8.

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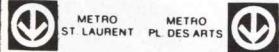
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CLUBS

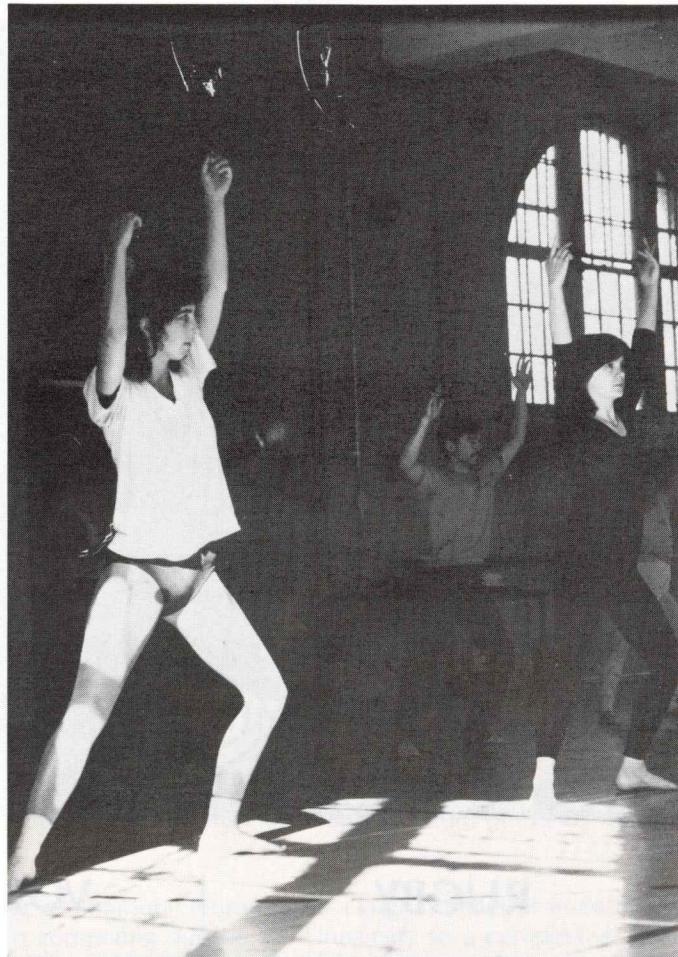
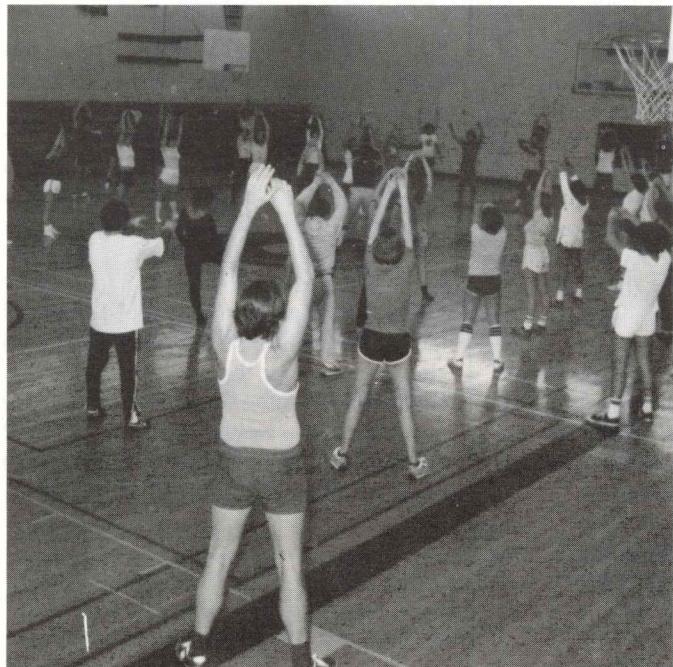
INTRODUCTION

Concordia's Department of Fitness, Recreation and Athletics has a strong commitment to provide a comprehensive program serving the needs of women — from the beginner to the highly skilled athlete. To fulfill these needs Recreational Athletic programs are offered at four different levels; recreational, instructional, competitive and club. At each of the levels a wide range of activities are available making the program quite diverse.

RECREATIONAL & INSTRUCTIONAL ATHLETES

Concordia's recreational and instructional athletic program has become a more widely recognized and important facet of university life because of the recent emphasis on the importance of combining a fit body with a fit mind. The program is designed so that it encourages students who have never tried the activities to come out and do so. It doesn't matter how fit one is, but instead how fit one would like to become. The activities are not only for ones conditioning but for enjoyment as well, with an emphasis on the latter.

This year there are 14 different types of dance and exercise classes offered. These range from classical ballet to dance-cise, aerobics and a total work out class. The university offers a number of martial arts classes such as Karate, Tae Kwon Do and Tai Chi. For those students who wish to participate in recreational activities, badminton, volleyball, ice skating, tennis and swimming are offered at various times. With such a wide range of activities available, there is always something for everybody.



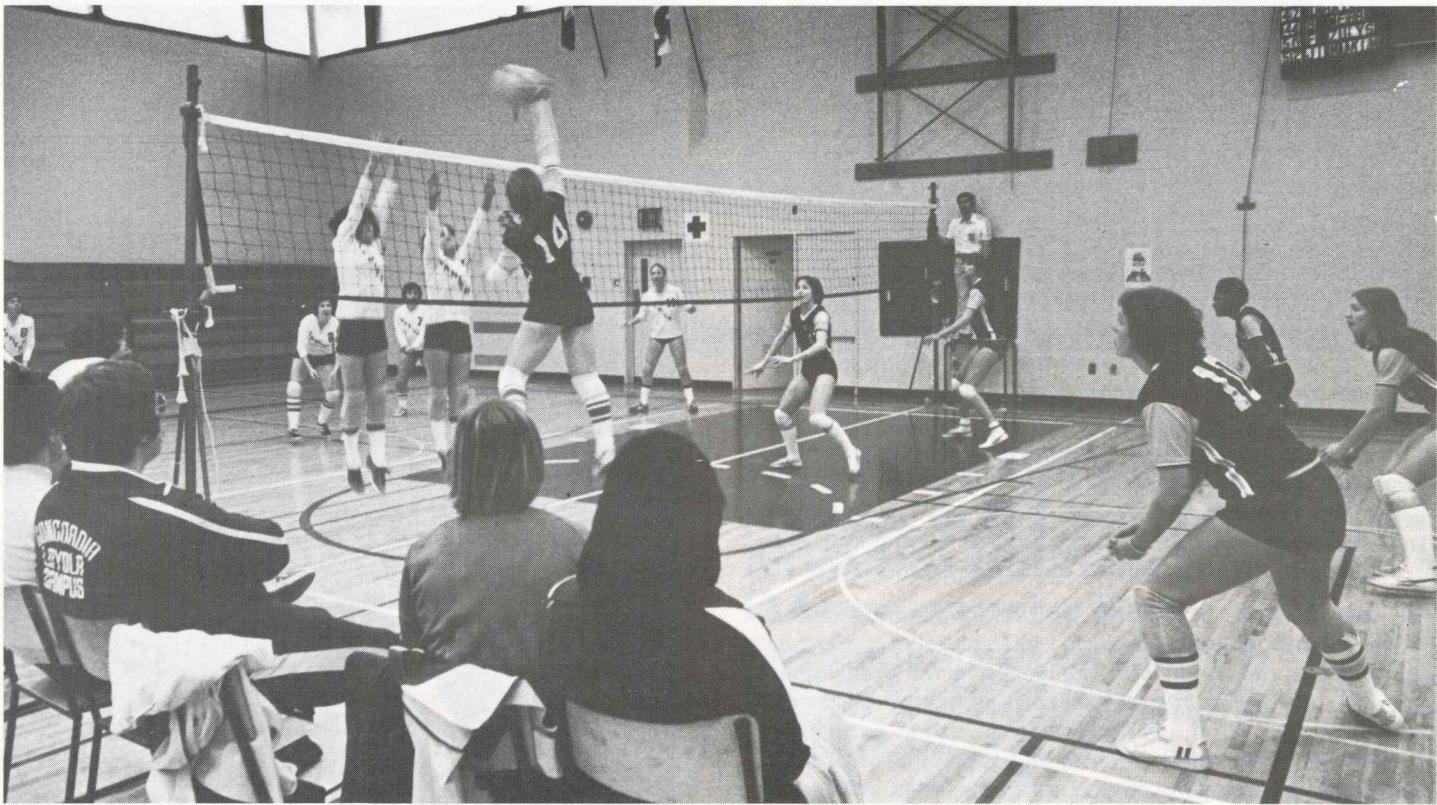
COMPETITIVE ATHLETICS

Competitive athletics (but they are still a lot of fun!) at Concordia are mainly coed. A number of seasonal activities are offered and these include basketball, broomball, outdoor soccer, indoor soccer and softball. There is also ice hockey (which isn't coed) which operates on two separate schedules. During the first semester most of the games are arranged with teams from other universities. Participants of any skill level are welcome to join any of the competitive activities.

CLUB ACTIVITIES

The various clubs which have been established at Concordia are one of the most important parts of the recreational athletics program. They are student-run organizations which are designed to meet the needs of their own club members. For many of the clubs which involve competitive sports, the club team forms the basis on which a strong program can be built. Students are encouraged to form or join clubs because they provide the easiest means of expanding the variety of the programs being offered.

CLUBS



RUGBY

The Women's Rugby club is optimistically looking forward to the 1986 campaign after completing a very successful first year in the Quebec Women's Inter-collegiate Rugby League. Concordia will face one of the toughest schedules, competing against McGill, Bishop's, Champlain, John Abbott, Marianapolis and Vanier. As well as participating in five league tournaments, Concordia will host the playoffs and will also attend a tournament hosted by John Abbott, where teams from the United States will be present.

Being a relatively new sport at Concordia the women's rugby club encourages any students interested in learning how to play rugby to join.

All in all it should be another challenging season as the Stingers continue their drive toward a provincial championship.

VOLLEYBALL

The Women's Volleyball Club is one of the oldest at Concordia. Its structure has changed many times over the course of its existence, but the number of women participating has always been high. Last year they competed in the Montreal Recreational Volleyball League and had a very successful season. This year they plan to enter the same league but hope to move up to the next division.

The Club participates in co-ed recreational volleyball twice a week and also practices once a week. Practices are designed so that players of all levels can improve their playing skills.

Anybody interested in joining the club should call Athletics at 848-3858.

WEIGHT TRAINING

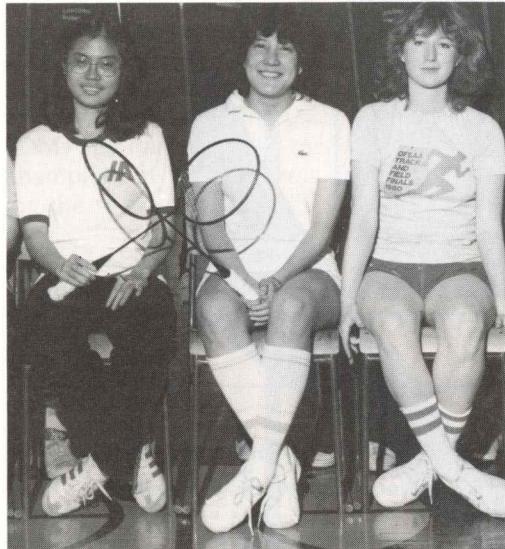
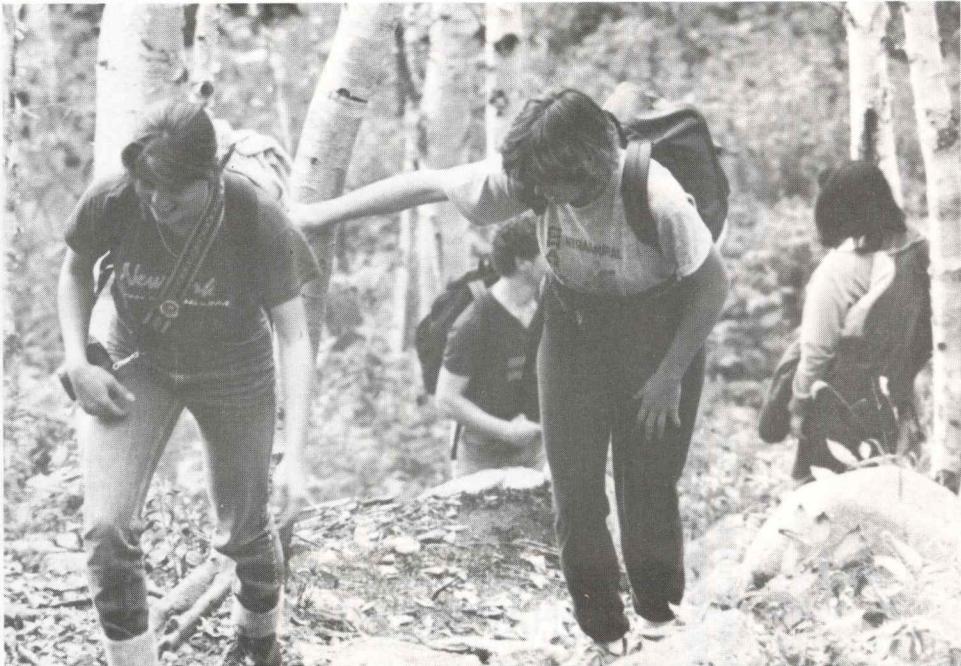
The women's weight training club is an instructional program which teaches women the skills necessary for weight training. The sessions are supervised by a highly trained instructor who teaches the students the basics of weight room safety. Each student then receives a specific program designed to fit their needs and is instructed how to properly execute the exercises. A small part of time must be spent with the instructor so she can monitor the students' progress, but because there is a lot of free time available in the weight room students are encouraged to make use of that time to work on their programs independantly.

CLUBS

OUTDOOR CLUB

The Concordia outdoor club is in operation year-round. It is a self-governed club which meets bi-monthly to plan the schedule of events. Some of the group's activities include hiking in the Adirondacks, horseback riding, cycling, skating on the Rideau Canal, white water rafting and camping.

The variety of outings are arranged so that they meet the needs of students who are beginners as well as the most experienced club members. There is instruction provided for all the activities, which take place mainly on weekends.



TRACK & FIELD

This will be the third year of existence for the Concordia Track and Field Club. The club is made up of not only serious runners who compete for the university, but many students who run for fun or who run with the club because they prefer not to run alone. The club has two formal training sessions a week but will design programs which provide runners with the opportunity to train more often.

Runners of any skill level who are interested in becoming better runners are encouraged to join the club.

BADMINTON

The Badminton Club is a co-ed group which participates in the Montreal Senior Recreational Badminton League. This club originated from bi-weekly recreational badminton.

Apart from playing in intramural tournaments a large number of students expressed interest in competing outside the University so a competitive club was formed. The club has been very successful in capturing a number of singles and doubles titles.

Any student interested in playing with the club should attend recreational badminton on Friday and Sunday nights.

SELF-DEFENSE

The reflex System of self-defense for women is a scientifically designed program combining aerobic conditioning and a variety of proven self-defense techniques from such martial arts as Karate, Judo, Kung Fu, Tae Kwon Do and Aikido. The course includes attack/defense simulation in class, self correction using video tapes, films, guest lecturers, scientific evaluation of progress, awareness training and special group discussions on rape, street safety and home security.

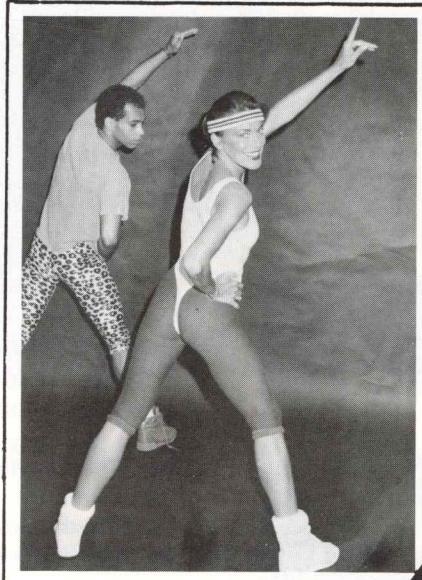
If you have been limiting your activities to "stay out of trouble" or if you want to get into shape mentally and physically then the women's self-defense program is something you should participate in.

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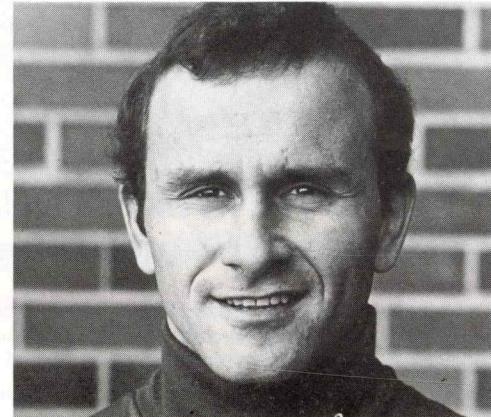


Women's soccer at the Quebec university level was given a veritable shot in the arm last year when the Quebec University Athletic Association (QUAA) finally decided to form an organized league. Previously, teams had no choice but to compete in an exhibition schedule.

Concordia's entry, guided by Gerald McKee, played a six game schedule in a league which also included McGill, Sherbrooke and Université du Québec à Montréal. The lady Stingers finished in a tie for first place with McGill. Although both teams had identical 4-1-1 marks, the Martlets were crowned champions by virtue of their superiority over Concordia during the season.

McKee stepped down from his post this year, with intramural coordinator Vladimir Pavlicek taking over the coaching duties. His assistant is Kathy Lipari.

Among the returning veterans are Dominique Fortier, Brenda Flannly, Jennifer Beauregard, Barb Nicholls, Melissa Horowitz and captain Donna Hill. Coach Pavlicek's goal this season is simple and straight forward. He wants to optimize individual performance as well as team performance, while providing an environment for women to excel and be competitive in soccer.



VLADIMIR PAVLICEK

ALL TEN-YEAR WOMEN'S SOCCER TEAM PICKED

Eleven players have been named to the Concordia University All Ten-Year Women's Soccer Team.

The team of the decade is composed of the following players: Cathy Lipari, goaltender (1984 to 1986); Donna Hill, right fullback (1983 to 1986); Shirley Robertson, left fullback (1980 to 1984); Cynthia Olney, sweeper (1983 to 1986); Erica Gagnon, midfielder (1982 to 1983); Dominique Fortier, midfielder (1983 to 1986); Sheilagh McGovern (1982 to 1984); Jackie Fefer, forward (1982); Karen Ungerson, forward (1981 to 1984); Sandy Mosel, forward (1980, 1982 to 1983) and Jennifer Beauregard, forward (1983 to 1986).

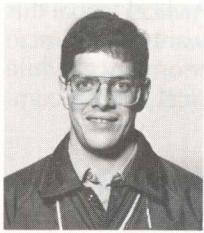
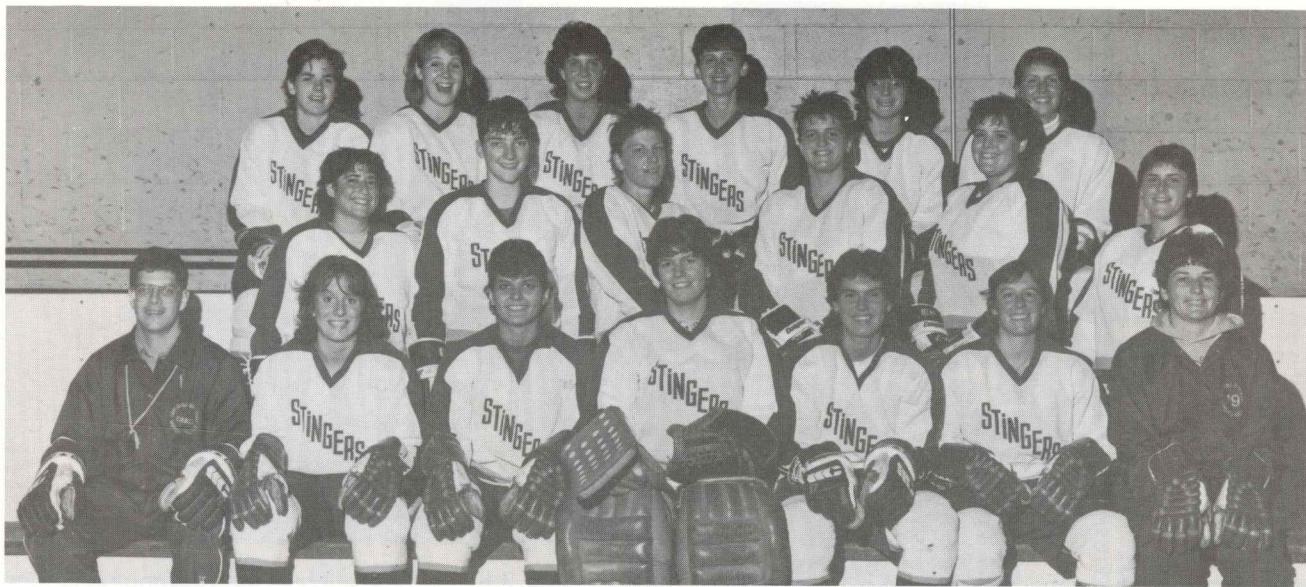
Association Sportive Universitaire du Québec Quebec University Athletic Association

Final 1985 Standings

Team	GP	W	L	N	PF	PA	PTS
Sherbrooke	6	4	1	1	10	2	9
Concordia	6	4	1	1	13	4	9
McGill	6	3	3	0	11	4	6
UQAM	6	0	6	0	0	24	0

Name	Institution	Goals
Helen CARTWRIGHT	McGill	4
Sonia DENONCOURT	Sherbrooke	3
Barb NICHOLS	Concordia	3
Christine BEAULIEU	Concordia	3
Cathy MCGRUER	McGill	3

HOCKEY



LAWTON



HEALY

A Quebec Women's Hockey League playoff championship may have alluded them, but the Concordia women's hockey team can hold their heads high following a very successful 1985-86 season. Head coach Les Lawton and his assistant Julie Healy guided the club to a 10-0-2 regular season record, good enough for first place. Although the John Abbott Islanders edged them out in the post-season final by winning the first two games of the best of three series, the Stingers can take solace in the fact they were crowned provincial champions in the 'BB' category. Overall, the team compiled a record of 23-5-5.

Coaches Lawton and Healy are extremely optimistic heading into the current season. No less than nine players are returning, including last year's Concordia female athlete of the year, goalie Karen Kane and top scorer Janice McDougall, who notched 37 goals and added 34 assists for 71 points in 30 games. Lisa Morgan is the lone holdover on defence.

CONCORDIA SELECTS ALL TEN-YEAR WOMEN'S HOCKEY SQUAD

Nine players and a coach make up the Concordia University Women's Hockey All-Ten Year Team.

Lady Stinger's head coach Les Lawton headed the list of names submitted by media and alumni. The 1985-86 campaign saw his club compile a 10-2-2 first place regular season record and grab a provincial tournament championship in Drummondville.

Denise Bienvenu was a run away choice as the team's top goaltender. She was spectacular between the pipes during the Stingers' first five seasons of existence (1975-76 to 1979-80). The 1978-79 season saw her selected as the university's female athlete of the year. Former mentor Billy Doherty credits her as being a major contributor to the squad's three consecutive Quebec Women's Ice League titles, between 1980 and 1982.

On defence, four players were names: Patricia Maloney, Laurie McKeown, Julie Healy and Andrea Hebert. Maloney completed her fifth and final season with the team this year and became the first recipient of the Denise Beaudet Award, which will be given annually to the female athlete who best displays leadership qualities on and off the playing field. Beaudet was a Stinger forward who died tragically in a car accident while coming home from a game last December. McKeown (1979-80 to 1980-81) Healy (1978-79 to 1982-83) and Hebert (1983-84 to 1985-86) were all steady performers on the blueline. Healy is currently the team's assistant coach.

Up front, centre Corinne Corcoran garnered a lot of votes. During her three years at Concordia (1980-81 to 1982-83), she was the team's leading scorer and Most Valuable Player each time out. Twice she won female athlete of the year honours. Both Doherty and Lawton contend they have never seen a better woman hockey player.

Maureen Maloney (1981-81 to 1983-84), sister of Patricia, Kathleen Casey (1979-80 to 1982-83) and Edith Langlois (1981-82 to 1983-84) complete the list. Maureen Maloney enjoyed a 29 goal, 24 assist season in her final year.

1986-87 SCHEDULE

* Friday, October 24	@ Bishop's/Champlain Invitational Tournament	6:00 p.m.
Saturday, October 25	U.Q.T.R.	6:15 p.m.
Thursday, October 30	@ John Abbott	1:00 p.m.
Friday, November 7	LAVAL	
Saturday, November 8	St. Lawrence Invitational	
Friday, Saturday, Sunday November 14, 15 & 16	Thursday, November 20	5:30 p.m.
	BISHOP'S/CHAMPLAIN	8:15 p.m.
	@ Laval	7:00 p.m.
	@ Laval	4:00 p.m.
Tuesday, December 2	JOHN ABBOTT	8:15 p.m.
Sunday, Monday, Tuesday Dec. 28, 29 & 30	Colby College Invitational	
	@ U.Q.T.R.	5:30 p.m.
	@ Bishop's/Champlain	6:30 p.m.
	BISHOP'S/CHAMPLAIN	8:15 p.m.
	New Hampshire Invitational	
JOHN ABBOTT	19TH ANNUAL WOMEN'S INVITATIONAL HOCKEY TOURNAMENT	6:00 p.m.
Friday, January 8	Friday, Saturday, Sunday January 23, 24 & 25	
	Tuesday, February 3	
	Friday, Saturday, Sunday February 6, 7 & 8	
	Friday, February 13	
	Thursday, February 19	
	Sunday, February 22	
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